

TOPIC: WORKPLACE GOSSIP

Potential Signs of Gossip

- Sharing personal or sensitive information that may or may not be true
- Rumors, lies, secrets, comments, whispers

Impact on Your Work

- Hinders teamwork
- Decreases trust
- Reduces your credibility

Three Ways to Stop Gossiping

1. THINK before you participate:
Is what I say... True? Helpful? Inspiring? Necessary? Kind?
2. Confront the rumor or gossip respectfully
3. Speak up and tell the gossiper to “stop”

Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>



Whoever gossips to you will gossip about you.